

It allows you to see what is going on in your body without judgements or thoughts. It can be a helpful tool in your symptom journal for your medical team as well.

A body scan is very useful to do before you do a relaxation technique and then repeating it again afterwards so that you can notice the difference in symptoms and keep a record if that would be helpful to you.

Autogenics comes from within you. You repeat words, phrases or suggestions in your mind to help you relax tension in muscles and other soft tissues. The training is a systematic program to teach your mind and body to react and relax quickly to your thoughts or verbal commands. This allows you to return to a more balanced, relaxed state. You can choose to induce the feelings or sensations of warmth and heaviness whenever you choose.

Try it. Sit or lie down in a comfortable position in a place where you will not be disturbed. Passively concentrate on the words, phrases or suggestions of warmth and heaviness in different parts of your body. Do this exercise for about 3 minutes.

Before you start, check that your whole body is comfortably supported. Do not cross your arms, legs, wrists or ankles. Scan your body to make sure your position is free of tension. Add pillows, rolled up towels or other supports under your arms, legs, knees, neck or head to make sure your body feels well supported. Choose 5 or 6 lines or statements for each session.

There are two themes, heaviness and warmth/coolness.

Example:

My right arm is heavy and warm.

My left arm is heavy and warm.

Both of my arms are heavy and warm.

My right leg is heavy and warm.

My left leg is heavy and warm.

Both of my legs are heavy and warm.



Give yourself the gift of 5 minutes to try this technique.